

## **Carol J. Haggans, MS, RD**

*Scientific and Health Communications Consultant  
NIH Office of Dietary Supplements*

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Carol J. Haggans, M.S., R.D., is a Scientific and Health Communications Consultant with the Office of Dietary Supplements (ODS) at the National Institutes of Health. In this role, she handles a variety of health communications activities including writing and updating the ODS dietary supplement fact sheets and responding to inquiries from consumers, health professionals and the media about dietary supplements. Ms. Haggans also provides guidance and support for the CARDS database of federally funded research on dietary supplements and represents ODS at scientific conferences and expos.

Before becoming a consultant, Ms. Haggans was a Program Analyst with the ODS from 1999 to 2004. During that time, she coordinated the development and implementation of the CARDS database and was involved with the design and maintenance of the ODS Web site.

Ms. Haggans is a member of the American Society for Nutrition and the American Dietetic Association. She received an M.S. in Nutrition from the University of Minnesota where she conducted clinical research on the effects of flaxseed consumption on estrogen metabolism and breast cancer risk in premenopausal and postmenopausal women. Prior to that, Ms. Haggans worked in the computer industry as a manufacturing and technical service engineer after receiving a B.S. in Mechanical Engineering from Rensselaer Polytechnic Institute in New York.